



## 2014 SCHEDULE OF CLASSES



Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Bayside Community Center</b> 2202 Comstock <b>San Diego, CA 92111</b> (858) 278-0771 Instructor: Patricia Frisby (Tu & Wed) & Mary Burns Prine (Thursdays)		<b>9:30 – 10:30 AM</b>  <i>*No class 7/17-9/8</i>	<b>1:30 – 2:30 PM</b>	<b>9:30 – 11:00 AM</b>  <i>*No class 7/17-9/8</i>	
<b>Carlton Hills Evangelical Lutheran Church</b> 9735 Halberns Blvd <b>Santee, CA 92071</b> (619) 448-1888 Instructor: Vickie Velasco	<b>10:30 – 11:30 AM</b>		<b>10:30 – 11:30 AM</b>		
<b>Chula Vista Women's Club</b> 357 G Street <b>Chula Vista, CA 91910</b> (619) 691-5083 Instructor: Vickie Velasco		<b>1:00 – 2:00 PM</b>		<b>1:00 – 2:00 PM</b>	
<b>College Avenue Senior Center</b> <b>A program of Jewish Family Service</b> 4855 College Avenue <b>San Diego, CA 92115 (SDSU site)</b> (619) 583-3300 Instructor: Kara Anderson	<b>10:00 – 11:15 AM</b>		<b>10:00 – 11:15 AM</b>		<b>10:00 – 11:15 AM</b>
<b>Escondido Senior Center</b> <b>at Park Avenue Community Center</b> 210 Park Avenue <b>Escondido, CA 92025</b> (760) 839-4688 Instructor: Helena Isbell	<b>9:00 – 10:00 AM</b> <b>10:00 – 11:00 AM</b>		<b>9:00 – 10:00 AM</b> <b>10:00 – 11:00 AM</b>		



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<b>Gary &amp; Mary West Senior Wellness Center</b> 1525 4th Avenue San Diego, CA 92101 (619) 235-6538 Instructor: Patricia Frisby	<b>9:00 – 10:00 AM</b> <b>10:15 – 11:15 AM</b>		<b>9:00 – 10:00 AM</b> <b>10:15 – 11:15 AM</b>		<b>9:00 – 10:00 AM</b> <b>10:15 – 11:15 AM</b>
<b>George L. Stevens Senior Center</b> 570 South 65 <sup>th</sup> Street San Diego, CA 92114 (619) 266-2066 Instructor: Herb Argrow	<b>12:30 – 1:30 PM</b>		<b>12:30 – 1:30 PM</b>		<b>10:30 – 11:30 AM</b>
<b>Grace Lutheran Church</b> 643 W 13th Ave Escondido, CA 92025 (760) 745-0831 Instructor: Helena Isbell	<b>11:30 – 12:30 PM</b>		<b>11:30 – 12:30 PM</b>		
<b>The Kimball Senior Center</b> 1221 D Ave. National City, CA 91950 (619) 336-6760 Instructor: Russell Rowe		<b>9:00 – 10:00 AM</b>		<b>9:00 – 10:00 AM</b>	
<b>Lemon Grove Senior Center</b> 8235 Mt. Vernon Street Lemon Grove, CA 91945 (619) 337-1425 Instructor: Sandra McDonald	<b>8:30 – 9:30 AM</b> <b>10:00 – 11:00 AM</b> <i>*No class 6/13-9/8</i>		<b>8:30 – 9:30 AM</b> <b>10:00 – 11:00 AM</b> <i>*No class 6/13-9/8</i>		



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Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Livewell San Diego (formerly Clairemont Friendship Center)</b> 4425 Bannock Ave. <b>San Diego, CA 92117</b> (858) 483-5100 Instructors: Char Schade & Joyce Sessa	<b>10:15 – 11:15AM</b> <b>(Joyce)</b>		<u><b>Feeling Fit Plus</b></u> <b>*7:00 – 8:45 AM</b> <b>(Char)</b> <i>*No class 7/17-9/8</i>  <b>10:15 – 11:15AM</b> <b>(Joyce)</b>		<u><b>Feeling Fit Plus</b></u> <b>*7:00 – 8:45 AM</b> <b>(Char)</b> <i>*No class 7/17-9/8</i>  <b>10:15 – 11:15AM</b> <b>(Joyce)</b>
<b>Logan Heights Library</b> 567 South 28 <sup>th</sup> Street <b>San Diego, CA 92113</b> (619) 263-2108 Instructor: Linda Cohen		<b>11:00 – 12:30PM</b>		<b>11:00 – 12:30PM</b>	
<b>Neighborhood House Senior Center</b> 795 South Boundary St. <b>San Diego, CA 92113</b> (619) 263-2108 Instructor: Vickie Velasco		<b>11:00 – 12:00PM</b>		<b>11:00 – 12:00PM</b>	
<b>North County Inland Senior Center</b> <b>A program of Jewish Family Service</b> 15905 Pomerado Rd. <b>Poway, CA 92064</b> (858) 674-1123 Instructor: Nancy Herman	<b>9:00 – 10:00 AM</b> <b>10:00 – 11:00 AM</b>		<b>10:00 – 11:00 AM</b>		



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Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Oceanside Presbyterian Church</b> 2001 S. El Camino Real <b>Oceanside, CA 92054</b> (760) 757-3560 Instructor: Gretchen Vurbef	9:00 – 10:00 AM		9:00 – 10:00 AM		9:00 – 10:00 AM
<b>Poway Senior Center</b> 13094 Civic Center Dr. <b>Poway, Ca 92064</b> (858) 748-6094 Instructors: Chris Heslin (Mondays) & Patricia Frisby (Thursdays)	10:00 –11:00 AM			10:00 –11:00 AM	
<b>Solana Beach Cmty. Senior Ctr.</b> @ Solana Beach Presbyterian Church 120 Stevens Avenue <b>Solana Beach, CA 92075</b> (858) 509-2580 x1217 Instructor: Sue Grant	9:00 – 10:00 AM		9:00 – 10:00 AM		
<b>ST. CHARLES NUTRITION</b> 945 18 <sup>th</sup> Street <b>San Diego, CA 92154</b> (619) 423-0242 Instructor: Anna Solis	8:00 – 9:00 AM 9:30 – 10:30 AM		8:00 – 9:00 AM 9:30 – 10:30 AM		8:00 – 9:00 AM 9:30 – 10:30 AM
<b>St. Stephan's Retirement Community</b> 5625 Imperial Ave. <b>San Diego, CA 92114</b> (619) 264-1997 Instructor: Herb Argrow	2:00 – 3:00 PM		2:00 – 3:00 PM		



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Class Site	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Summercrest</b> 2615 Plaza Boulevard <b>National City, CA 91950</b> (619) 475-2080 Instructor: Vickie Velasco	9:00 – 10:00 AM		9:00 – 10:00 AM		
<b>The San Diego LGBT Community Center</b> 3909 Centre Street <b>San Diego, CA 92103</b> (619) 692-2077 Instructor: Katie Thralls	9:30 – 10:30 AM		9:30 – 10:30 AM		
<b>Villa Serena</b> 1231 Medical Center Rd. <b>Chula Vista, CA 91911</b> (619) 934-8001 Instructor: Russell Rowe		12:00 – 1:00 PM			12:00 – 1:00 PM